**Date Submitting Catch My Breath Request:**

**Administrative Approval From:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School District Is Requesting: (Please check ONE of the following boxes)**

Assistance with how we can implement Catch My Breath utilizing school staff in the following grades: (**Circle which versions/grades of curriculum interested in) 5/6, 7/8/, 9-12**

Assistance with how we can implement Catch My Breath utilizing school staff and MCBHC will facilitate a 7th **or** 8th grade classroom program of 5 sessions.

Program Implementation Plan Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Subject: \_\_\_\_\_\_\_\_\_\_\_\_ Exact Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MCBHC will only facilitate a 7th or 8th grade program of 5 sessions. Our District is using\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for E-Cigarette & JUUL Prevention Programs.

**School contact** to continue implementation should be with: (email and phone) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Mercer County Behavioral Health Commission, (MCBHC) will meet requests on a first come first serve basis.**

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1. Catch my Breath E-Cigarette & JUUL Prevention Program is FREE; materials are accessed by creating a login and signing into <https://www.catch.org>.
2. Catch my Breath Curriculum is designed to offer 4 sessions, with 3-5 peer leaders. Peer leaders are classroom students picked by teacher to assist in group lead activities during the Catch My Breath sessions. The youth should be organized, comfortable with speaking to the group, and a youth who takes initiative.
3. If MCBHC is providing technical support or delivering the program, we recommend a 5th session to further the Catch My Breath Curriculum. The 5th session will offer youth an opportunity to join the TRU program <https://truinpa.org/>, share local resources, and promote ways to stay nicotine-free.